

News Leader®



Vol. 37, No. 2

Fort Sam Houston — Home of Army Medicine

Jan. 13, 2005

Briefs . . .

Post MLK commemoration

The Fort Sam Houston community is invited to the Dr. Martin Luther King Jr. Commemoration Ceremony today from 11:30 a.m. to 1 p.m. at the Roadrunner Community Center. The MEDCOM Players Guild will perform and elementary students will present a reading. For more information, call 221-9276 or 221-9356. For reasonable accommodations, call 221-9401.

MLK observation

The Medical Command Martin Luther King Jr. Observation is today from 2 to 3 p.m. in the Wood Auditorium, Bldg. 2792.

Tax Center grand opening

The Fort Sam Houston Tax Assistance Center's grand opening is Tuesday at 1 p.m. at the Officers' Club, 407 Dickman Road. The Main Tax Center hours are Tuesdays through Saturdays from 9 a.m. to 5 p.m. The Brooke Army Medical Center Tax Assistance Center opens Jan. 24 and is in room 546-3, on the fifth floor. BAMC Tax Center hours are Mondays through Fridays from 9 a.m. to 5 p.m. Hours of operation are subject to change. For more information or to make an appointment, call the Tax Center after Tuesday at 295-1040. See related article, Page 6.

Retirement Ceremony

The Fort Sam Houston Consolidated Retirement Ceremony will be Jan. 27 at 7:45 a.m. at the MacArthur parade field pavilion.

Enlisted to officer

The Army Medical Department Enlisted Commissioning Program will commission new second lieutenants into the U.S. Army Jan. 21 at 9 a.m. at Blesse Auditorium. The AMEDD Enlisted Commissioning Program provides eligible active duty Soldiers the opportunity to complete a baccalaureate degree in nursing, become a registered nurse and be commissioned in the Army Nurse Corps. For more information, call Capt. Carolyn Carden, AMEDD student detachment commander, at 221-3047.

A day in the life



Photo by Esther Garcia

Marine Lance Cpl. Dale Castleberry shows his wife, Jennifer, the inside of a tent during his unit's deployment ceremony Sunday at the Navy Reserve Center. Castleberry is one of the Marines from the 4th Reconnaissance Battalion, 4th Marine Division stationed at Fort Sam Houston and San Antonio who will deploy in support of Operation Iraqi Freedom. See related article and photos, Pages 14 and 15.

Armed Services Committee chairman visits Fort Sam

By Phil Reidinger Fort Sam Houston Public Affairs

U.S. Rep. Duncan Hunter of California, House Armed Services Committee chairman, spent the day Saturday visiting Fort Sam Houston

He first presented a Purple Heart Medal at Brooke Army Medical Center with Brig. Gen. C. William Fox to Spc. George Cervantes, a California Soldier wounded in action in Iraq Nov. 30

Also attending the ceremony were his father, Jesus, mother, Leticia, brother, David, and sister, Laura.

A 21-year-old resident of Los Angeles, Cervantes, who graduated from Bravo Medical Magnet School, was assigned to 12th

Armor Regiment, 1st Cavalry Division when he received shrapnel wounds and suffered a fractured arm and dislocated shoulder as a result of an improvised explosive device blast during combat patrol operations.

Following the ceremony, Hunter visited with BAMC staff and joined Soldiers assigned to the Medical Hold Company and their families for lunch at the dining facility. Maj. Gen. George Weightman, Army Medical Department Center and School and Fort Sam Houston commander, joined Fox for discussions with Hunter about installation support of operations in Iraq and Afghanistan.

Hunter went to medical training areas and observed Soldiers conducting Initial Entry medical training at the 32nd Medical Brigade.

See **CHAIRMAN** on Page 3

BAMC opens Amputee Care Center Friday

Brooke Army Medical Center will open the Department of Defense's second Amputee Care Center Friday at 2 p.m.

The center will provide state-of-the-art care for military members injured in the Global War on Terrorism. As the Army's second Amputee Care Center, the opening of the BAMC program expands the military's capability to restore injured warriors to maximum function at a hospital that is the Army's only Level 1 Trauma Center and the Department of Defense's only Burn Center.

Using a multi-disciplinary approach, the BAMC Amputee Center is set to be a premier innovator in the rehabilitation of "tac-

tical athletes" with traumatic limb-loss. The BAMC Center will bring together all aspects of amputee patient care. This includes orthopedics, social work, Veterans Affairs counselors and physical medicine, as well as rehabilitation, occupational therapy, physical therapy and prosthetics.

The facility is designed to return patients to the highest levels of activity. At the same time it provides a place where research can be done to share advances in rehabilitation and prosthetic design with amputee patients.

Lt. Gen. Kevin Kiley, the Army Surgeon General, and Brig. Gen. C. William Fox, Jr., BAMC commander, are hosting the event.

The BAMC Amputee Care Center is a continuation of Army medicine's long history of "taking care of the nation's Soldiers and wounded-in-action." It is a key component of the military's promise to never leave a fallen comrade behind.

"The Amputee Care Center provides a place for the military's continued innovative thinking and technological advances so today's wounded warriors can receive unprecedented levels of care that are the best that can be found anywhere with the intent of recovering our Soldiers to potentially return them to duty," said Fox.

Soldiers wounded in the Global War on Terrorism will be honored with a Purple Heart Ceremony during the opening ceremony.

The opening ceremony will be in the BAMC Auditorium on the fourth floor. Following the ceremony, there will be tours of the center and a reception.

Although BAMC appreciates the outpouring of support for wounded Soldiers, the event is not open to the general public due to space constraints at the hospital auditorium.

(Source: Brooke Army Medical Center news release)

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Maj. Gen. George W. Weightman
Army Medical Department Center and
School and Fort Sam Houston commander

Take time to reflect, be safe during holiday weekend

By Maj. Gen. George W. Weightman Army Medical Department Center and School and Fort Sam Houston commander

Monday, Soldiers, civilians, and their families will honor the life of a great American, Dr. Martin Luther King Jr. No matter where your long holiday weekend takes you, whether on the highways, to recreational areas or if you stay at home, remember to be smart and avoid hazards.

Commanders and directors will ensure aggressive and positive actions are initi-

ated to impress upon each Soldier and civilian the importance of their individual role in accident prevention.

Unfortunately, on Dec. 30, the AMED-DC&S lost a Soldier to a privately owned vehicle accident. While operating his vehicle on the highway, the Soldier swerved unexpectedly and struck the rear of a vehicle parked on the shoulder. Lack of attention and speed contributed to this accident. At a minimum, commanders and directors will emphasize the main causes of traffic related deaths and

injuries within the U.S. Army community. These causes are:

- Excessive speed for conditions
- Driver fatigue
- Inattention while driving
- Failure to use child restraint devices and seat belts

I wish you all a safe holiday weekend and hope you will take advantage of this time to remember Dr. King's many contributions toward human justice and the challenge he presented to each and every one of us to keep his dream alive.

Fort Sam Houston News Leader

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Four Soldiers receive Purple Hearts at BAMC

By Norma Guerra BAMC Public Affairs

Four Soldiers were honored at a Purple Heart Ceremony Monday at Brooke Army Medical Center for injuries sustained in the war on terrorism.

Brig. Gen. C. William Fox Jr., BAMC commander, hosted the ceremony and was joined by retired Gen. Barry McCaffrey to present the Purple Hearts to the four Soldiers who are receiving medical treatment and recuperating from their injuries at BAMC.

Retired Gen. Barry McCaffrey, a West Point professor, NBC analyst and the former Clinton administration "drug czar," visited BAMC to award the Purple Hearts in front of the Soldiers' families, fellow servicemen and BAMC staff.

Sgt. Hector Santiago Ortiz, C Company, 1/503rd Infantry, 2ID, Camp Casey, Korea, sustained first and second degree burns to the face, ears and neck as a result of a suicide bomber.

Spc. Shaquib Khandakar, A Company, 1/26th Infantry Battalion, 1ID, Germany, sustained second and third degree burns to the face, shoulder and back after his unit was hit by a car bomb while on patrol.

Spc. Nicholas Mapson, HHC, 2/35th, Infantry Regiment, 25ID, Schoffield Barracks, Hawaii, sustained third degree burns to the hands and face when his vehicle hit an anti-tank improvised explosive device.

Pfc. Benjamin Rosecrans, B Company, 3rd Battalion, 21st Infantry Regiment, 1st Brigrade, 25ID, Fort Lewis, Wash., sustained first and second degree burns to the face and both hands while driving a Stryker vehicle en route to guard an Iraqi police station when an unmarked vehicle drove up and exploded next to his.

After the medals were pinned,

McCaffrey, who served in Vietnam and Iraq, addressed the packed auditorium.

"It's a lot different over there," McCaffrey said. You realize how much you miss your family, and how much they mean to you."

McCaffrey pointed out that more than 12,000 U.S. troops have been killed or wounded in the war on terrorism and believes that from a national perspective, it's a price that Americans have already paid, but also one that needed to be paid to ensure our freedom.

"Don't you forget that this country understands what's at stake," McCaffrey said. "The war is justified, considering that a small band of people are protecting the world's wealthiest nation and its 290 million inhabitants."

McCaffrey thanked all the Soldiers and their families in the audience for their dedication and sacrifice for our nation.

Photo by Mike Dulevitz

(From left to right) Sgt. Hector Santiago Ortiz, Spc. Shaquib Khandakar, Spc. Nicholas Mapson and Pfc. Benjamin Rosecrans were awarded Purple Hearts for injuries sustained in the war on terrorism. The ceremony was Monday at Brooke Army Medical Center where they are receiving medical treatment and recuperating from injuries.

Housing, meal allowances increase this month

By Eric W Cramer Army News Service

WASHINGTON, D.C. — Soldiers will see an increase in their basic allowance for housing, designed to reduce or eliminate their out-of-pocket housing costs, with their first January paychecks.

The meal allowance for Soldiers is also set to increase.

Col. Gerald Barrett, chief of the Compensation and Entitlement Division in the Department of the Army's G-1, said the increases have already been "loaded" in to the Defense Finance and Accounting System

"The goal was to achieve average zero out-of-pocket by '05," Barrett said, "and we've been able to do that."

Lt. Col. Rick Tillotson, a compensation analyst in Barrett's division, said the allowance is based on local median housing costs.

"Say we've surveyed the area and found that, for a warrant officer 3, who is

entitled to a three-bedroom house, the housing costs near a given installation average \$1,000 a month. If he rents a house for \$950, he will still get \$1,000. If the house he chooses to rent costs \$1,200, he'll have to pay \$200 out of his own pocket," Tillotson said.

Tillotson said the rates don't decrease as the former Variable Housing Allowance once did.

"It used to be, a Soldier living off-post would be authorized, say, \$1,000 a month, and then find a place for \$950," Tillotson said. "Then, when the next survey came around, they'd turn that data in and the VHA would reduce to that lower amount. It gradually decreased the housing allowance. It was a 'death spiral' that led Soldiers toward substandard housing."

Barrett said the median housing estimates are done by installations in conjunction with Runzheimer International, an international management consulting firm that works with installations to establish median values each year. Rates are then

calculated for each pay grade.

Data are collected annually for about 400 Military Housing Areas in the United States

"The individual commands participate in the process; for example, they can exclude an area from the cost survey because it is a bad neighborhood," said Deborah Holman, Barrett's deputy. "The local command can then be sure that the median isn't based on substandard housing."

Components included in the computation are: median rent in the market; average utilities including electricity, heat, water and sewer; and average renter's insurance.

On average, the housing allowance will increase by 8 percent in 2005, to cover a 4.5 percent increase in housing costs nationwide. An E-8 with dependents will receive about \$60 more in his or her paycheck; E-4 with dependents will have about \$47 more. Again, officials said that's an average increase and doesn't nec-

essarily reflect what every individual Soldier may see.

An important part of the untaxed benefit is that it provides individual rate protection to all service members, officials said. No matter what happens to housing costs, an individual member will not see a rate decrease. This protects service members who have long-term leases or contracts if housing costs in their areas decrease.

"The BAH program is a very fair and effective program to allow Soldiers to live in the area to which they are assigned," Barrett said.

Holman said the BAS program has been through several changes over the years. In January, the rate increased by 5 percent to monthly rates of \$267.18 for enlisted members and \$183.99 for offi-

"It's been through several changes," she said. "Currently, increases are based on food prices determined by the U.S. Department of Agriculture."

Chairman

Continued from Page 1

He also visited families at the Fisher Houses and met with Soldiers recovering from wounds and their family members at the Soldier and Family Assistance Center. As he departed the center, he stated his resolve to continue supporting America's Soldiers and their families who are involved in national defense missions.

Hunter is a Vietnam veteran who served in the 173rd Airborne Brigade and the 75th Rangers. He serves as the chair of the House Armed Services Committee which was his first committee assignment as a freshman congressman when first elected in 1980. As committee chair, he is responsible for a



Photo by Phil Reidinger

Judith Markelz, Soldier and Family Assistance Center coordinator, introduces U.S. Rep. Duncan Hunter, House Armed Services Committee chairman, to Nicolette Leigon, from the U.S. Navy, during the congressman's visit to the Soldier and Family Assistance Center.

defense budget totaling more than \$360 billion and is an advocate of force modernization and support of the nation's military personnel and their families, especially providing safe and effective weapons and equipment.



RCI update

Townhall Meeting at Roadrunner

Community Center today from 6 to 8 p.m. Information on the transition period, lease signing, development scope, operations, and policies and procedures will be discussed.

Lease Signing Events

Outside BAMC Chapel Today and Jan. 25 11 a.m. to 6 p.m. Sam Houston Club Outside Dining Room 11 a.m. to 1:30 p.m. 11 a.m. to 1:30 p.m. Jan. 27 AMEDDC&S Entrance of Blesse Tuesday to Jan. 20 8 a.m. to 12 p.m. Auditorium Jan. 26 11 a.m. to 4 p.m. Roadrunner Training Room #1 Jan. 21 and 28 8 a.m. to 12 p.m. Feb. 4 8 a.m. to 12 p.m.

Residents or spouses will need to bring a military ID, driver's license and pet information (FSH pet registration papers, updated shot records and microchip records) to the lease signing.

If a military sponsor is deployed, the spouse will also need to bring a general or special power of attorney to sign the lease.

All post residents need to sign a lease by Feb. 4.

Army supporting Tsunami relief effort

By Eric Cramer Army News Service

WASHINGTON — Several Army units are among the many military assets the United States is using to bring relief to the victims of an earthquake-induced tsunami in the Far East.

Deploying as part of the Combined Support Force for the disaster relief effort are a variety of Army experts from areas as widely spread as Thailand and Arkansas.

U.S. Army Forces Command is sending four mortuary affairs teams from Fort Lee, Va. The teams will provide help in identification, processing and evacuation of the dead from the disaster.

The 8th Army, Korea, is deploying medical and logistic units including CH-47 Chinook helicopters to provide evacuation and supply distribution and medical assistance to those in the affected area.

The U.S. Army Corps of Engineers is sending three Forward Engineering Support Teams from Japan, Alaska and Arkansas to help in the area's recovery. Each team consists of a military team leader, a civil engineer, a structural engineer and a geotechnical engineer.

In addition to the team members, each team will also include two NCOs with the Corps of Engineers' 249th Primary Power Battalion, according to Corps spokesman, Lt. Col. Stan Heath.

The team deploying from Alaska will provide assistance to Indonesia. The Japan contingent is headed to Sri Lanka, and the team from Arkansas is headed to Thailand.

The teams will help assess the damage to the countries' infrastructure and aid with reconstruction planning.

In addition to the FEST support, an engineer from the Engineering Research and Development Center in Vicksburg, Miss., has also headed to the area. The engineer is a Thai native who will be attached to the Joint Task

Force Humanitarian Assistance Cell. Originally planning to travel to Thailand to participate as a liaison in the annual Cobra Gold exercise, she has now gone to the region separate from the FEST teams to reinforce Army efforts in the area.

U.S. Army Special
Operations Command, Fort
Bragg, N.C., is sending three
civil affairs teams and a psychological operations assessment
team. The CA teams consist of a
planning team and two civil
affairs teams to coordinate relief
efforts. The PSYOP assessment
team will use its broadcast and
production capabilities to focus
on information distribution concert with local officials and relief
organizations.

The Army is part of a joint and combined expeditionary force deploying from around the globe to support this disaster relief effort. U.S. Army Pacific is the lead coordinating command for Army support to the CSF.



Photo by Staff Sgt. Cohen A. Young

Secretary of State Colin Powell and Florida Gov. Jeb Bush meet with Army Col. Jack Dibrell (right), the chief of the Joint United States Military Advisory Group Thailand in Bangkok, Thailand, Jan. 4. Dibrell informed Powell about the task of getting the relief supplies out as fast as they come in. The U. S. military has shipped out more than 350,000 pounds of material. The Thai military has delivered more than a million pounds by trucks, boats and planes at their disposal.

Antiterrorism Awareness: Shelter-in-place at work

(Editor's note: This is the second in a series of articles about shelter-in-place)

What is shelter-in-place?

One of the instructions you may be given in an emergency where hazardous materials may have been released into the atmosphere is to shelter-in-place. This is a precaution aimed to keep you safe while remaining indoors, and is different from taking shelter in case of a storm. Shelter-in-place means selecting a small, interior room, with no or few windows, and taking refuge there. It does not mean sealing off your entire home or office building.

Why you might need to shelter-in-place

Chemical, biological or radiological contaminants may be released accidentally or intentionally into the environment. Should this occur, information will be provided by local authorities on TV and radio stations on how to protect you and your family. You should follow instructions from local authorities and know what to do if they advise you to shelter-in-place.

How to shelter-in-place at work

- Close the business.
- Bring everyone into the room. Shut and lock the doors.
- If there are customers, clients or visitors in the building, provide for their safety by asking them to stay.
- Unless there is an imminent threat, ask employees, customers, clients and visitors to call their emergency contact to let them know where they are and that they are safe.
- Turn on call-forwarding or alternative telephone answering systems or services. If the business has voice mail or an automated attendant, change the recording to indicate that the business is closed, and that staff and visitors are remaining in the building until authorities advise it is safe to leave.
- Close and lock all windows, exterior doors and any other openings to the outside.
- If you are told there is danger of explosion, close the window shades, blinds or curtains.
- Have employees familiar with your building's mechanical systems turn off all

fans, heating and air conditioning systems. Some systems automatically provide for exchange of inside air with outside air – these systems, in particular, need to be turned off, sealed or disabled.

- Gather essential disaster supplies, such as nonperishable food, bottled water, battery-powered radios, first aid supplies, flashlights, batteries, duct tape, plastic sheeting and plastic garbage bags.
- Select interior rooms above the ground floor, with the fewest windows or vents. The room should have adequate space for everyone to be able to sit in. Avoid overcrowding by selecting several rooms if necessary. Large storage closets, utility rooms, pantries, copy and conference rooms without exterior windows will work well. Avoid selecting a room with mechanical equipment like ventilation blowers or pipes, because this equipment may not be able to be sealed from the outdoors.
- It is ideal to have a hard-wired telephone in the room you select. Call emer-

gency contacts and have the phone available if you need to report a life-threatening condition. Cellular telephone equipment may be overwhelmed or damaged during an emergency.

- Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the doors and any vents into the
- Write down the names of everyone in the room, and call your business' designated emergency contact to report who is in the room with you, and their affiliation with your business (employee, visitor, client, customer.)
- Keep listening to the radio or television until you are told all is safe or to evacuate. Local officials may call for evacuation in specific areas at greatest risk in your community.

Next issue: How to shelter in place at school. For more information, call Terri Stover, Fort Sam Houston Antiterrorism Office, at 295-0535.

(Source: FSH Antiterrorism Office)

Post to host skunk oral rabies placebo bait study this month

By Jackie Schlatter Environmental Office

Department of Agriculture biologists are conducting skunk oral rabies placebo bait studies in Arizona, California, Texas, Wyoming and Louisiana. Urban studies in Texas will take place on Fort Sam Houston and Randolph Air Force Base.

Two types of placebo rabies baits will be used. The bait used on Fort Sam Houston will look like a fishmeal coated sachet approximately 1 inch by 2 inch. During the first week of the study, which will occur during one of the last two weeks in January, baits will be applied evenly across Fort Sam Houston at a density of 75 baits/km2.

These sachets contain a low dosage of tetracycline, are not poisonous to animals or humans and will biodegrade after two to three weeks. The tetracycline stains animals' teeth when they bite the traps by leaving a ring, much like a tree ring, on the teeth. If a skunk bites more than one bait, then the teeth will have several rings.

Six weeks after distribution of the baits, USDA biologists will set out traps which will be checked every morning. The trapping phase will last approximately two weeks, pending skunk population and trap success. If sizable populations exist, but are not responding to trapping efforts, skunks will be manually caught in a handheld net.

The objectives of the studies are to estimate the density of

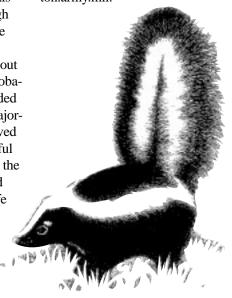
skunks in three to four sample areas in each state, estimate the density of urban skunks in two sample areas in Texas, and, determine bait acceptance of two different types of placebo rabies vaccine baits in each state.

Skunk rabies presents a human health threat through potential direct exposure to rabid skunks, or indirectly through domestic pets that had an encounter with a rabid skunk. An oral rabies vaccine has been developed for skunks but studies are needed to determine skunk population densities, the degree of bait acceptance and vaccination rates of animals consuming baits.

This study will make significant contributions to the understanding of the behavior, habitat use and movements of skunks as they relate to future ORV programs.

Rabies is an acute, fatal, viral encephalomyelitis of mammals most often transmitted through the bite of a rabid animal. The earliest records suggest that rabies was present in dogs about 2300 B.C., but the disease probably existed long before recorded history. Prior to 1960, the majority of U.S. rabies cases involved dogs. However, with successful control of dog rabies through the combination of education and vaccination programs, wildlife species are now responsible for greater than 90 percent of all animal cases reported annually. The majority of these cases occur in raccoons, skunks and bats.

For more information, call Jackie Schlatter, Environmental Division, at 221-5093 or e-mail her at jackie.schlatter@samhouston.army.mil.



Post Pulse: How will you honor Martin Luther King Jr. this holiday?



"I've already
begun by watching a
documentary on him
to relive what he
stood for. I will also
be a part of the
march."
Allison Joubert



"I work so I hope to honor him by giving good service to our customers."
Frances
Estrello



"I plan to attend the march."
Rudy Bellinger



"I will be working, but I think he is an honorable man. He promoted diversity in America. We should feel honored that we have this holiday because of him."

Master Sgt. Juan Rivera

'America Supports You' links American public with troops

WASHINGTON — Department of Defense officials launched a nationwide program, America Supports You, a Web site to showcase the many activities taking place across the nation in support of the troops.

The Web site, which highlights organizations and individuals coordinating local and national support efforts, has logged nearly a million hits since its inception Nov. 19.

Individual citizens, businesses, schools, veterans groups and others have visited www.AmericaSupportsYou.mil to register their activities, send a message to the troops and identify programs of support in their own communities.

Allison Barber, deputy assistant secretary of defense for internal communications and public liaison, said that while the Department of Defense knew that many of these programs existed, the site has become a useful tool in "helping to link people and programs, and more importantly, to share these stories of support with the people who need to hear them most — the men and women serving overseas. The feedback from our troops has been tremendous, just as the outpouring of support from the American people has been overwhelming."

Americans can visit the site and register their activities, large or small, supporting the troops. Everyone who registers receives an official America Supports You dog tag that can be worn as a visible symbol of support for the troops. The dog tags have been seen across the country, worn by celebrities like Ellen DeGeneres and Wayne Newton, and worn by everyday citizens at national events, such as the Macy's Day Thanksgiving Parade, the Fiesta and Rose Bowls and the New Year's Eve celebration in Times Square.

Barber also suggests that businesses, schools, churches, corporations and individuals add a link to the site from their Web sites.

"Service members and their families have told us how much they are inspired by the messages of support from all across the nation that are posted each day. Whether you post a message on the site, or team up with a local group organizing care packages, each and every activity sends the message loud and clear: 'America Supports You,'" she said.

(Source: Department of Defense news release)

Army Community Service

Family Advocacy Program Class Schedule January

Class Title	Dates	Class Time	
Anger Management Awareness	24	11 a.m. to 12:30 p.m.	
Basics of Breastfeeding	Wednesday	10:30 a.m. to 12 p.m.	
Boys Only! Ages 9-10	26	3 to 4 p.m.	
Building Effective Anger Management Skills Series 1-4	Today, 20 and 27	11 a.m. to 12:30 p.m.	
Commanders Training	27	8 a.m. to 9:30 a.m.	
Divorce Care	Today, 20 and 27	11:30 a.m. to 12:45 p.m.	
Getting Ready for Childbirth 1 and 2	20 and 27	9 a.m. to 12 p.m.	
Girl Talk! Ages 9-10	Wednesday	3 to 4 p.m.	
Helping Us Grow Securely			
(H.U.G.S.) Playgroup	Tuesday and 25	9 to 11 a.m.	
Strengthening Your Family	Tuesday	1 to 2:30 p.m.	
Teen Talk	Today, 20 and 27	4 to 5 p.m.	
The Middle Way			
Parenting Class	Tuesday and 25	11 a.m. to 12:30 p.m.	
Truth or Consequences?			
(Three-part series)	Tuesday and 25	4:30 to 5:30 p.m.	
You and Your Baby	26	8 a.m. to 12 p.m.	
Saturday Marathon	22	9 a.m. to 5 p.m.	
For more information or to sign up for classes, call ACS Family Advocacy			

For more information or to sign up for classes, call ACS Family Advocacy Program at 221-0349/2418.

Rapid rip-off

Taxpayers should watch out for rapid refund programs

By Capt. John C. Gerhard Tax Assistance Center officer

As tax season rolls around again, many taxpayers console themselves with the knowledge that they will receive a refund from the Internal Revenue Service. For most, this money has already been mentally spent — paying off bills, adding to savings, taking a vacation.

But some people end up with a lot less than initially expected. In fact, some will take out a loan with an annual interest rate of 600 percent. Sound crazy? Well, that is exactly what millions of taxpayers do each year through the Refund Anticipation Loan program, also known as a "rapid refund."

This is the scenario: Private tax preparers prepare your tax return. Once the return is completed, the preparer offers to let you take your refund home with you instantly. The reality is the

preparer is giving you a loan against your tax refund amount. Fees on those loans amount to annual percentage rates of 67 to 774 percent, according to a report by the Consumer Federation of America and the National Consumer Law Center.

For example, if your refund amount is \$500, you could pay \$29.95 in bank fees (interest), plus \$36 in RAL fees, for a total of \$65.95. If your refund is \$1,600, you could pay at least \$69.96 in bank fees (interest), plus the \$36 in RAL fees for a total of \$106. That doesn't include fees for preparing the return itself, which at some firms start at about \$50.

Thus, a taxpayer with a \$600 refund could pay about \$75 in finance charges, plus \$50 in tax prep fees (for the simplest return) just to get a check for only \$475 nine days sooner. The annual interest rate would be

about 450 percent! If a taxpayer is using this money to pay down a credit card with an even higher interest rate of 29 percent, it is easy to see the absurdity of the situation.

A taxpayer that files electronically and has the refund directly deposited into an account can usually receive the refund in seven to 10 business days.

Combine this with free tax preparation, and a taxpayer will receive 100 percent of his or her refund.

Because private banks and not the actual tax preparation center offer RALs, a taxpayer may have a difficult time finding out what the exact annual percentage rate is before applying for the RAL. The commercial tax preparer is counting on the taxpayer to not understand the annual percentage rate and have a desire for "instant" money.

The Fort Sam Houston Tax Assistance Center offers free tax preparation and electronic filing for all active-duty members, dependents, retirees and Reserve and National Guard members on active duty orders in excess of 29 days. Taxpayers may also visit www.irs.gov to learn of other ways to electronically file tax returns free.

The Main Fort Sam Houston Tax Assistance Center is located in the former Officers' Club, Bldg. 407 on Dickman Road. The Tax Assistance Center will be open Tuesday through April 16 from 9 a.m. to 5 p.m., Tuesday through Saturday. The Main Tax Assistance Center will see clients by appointment and a limited number of walk-in clients each day. Reduced appointment and walk-in services will be available during lunch hours.

The Brooke Army Medical Center satellite office is in room 546-3 on the fifth floor. The BAMC satellite office will be open



Jan. 24 to April 15 from 9 a.m. to 5 p.m., Monday through Friday. The BAMC satellite office will see a limited number of clients each day. Walk-in sessions begin at 9 a.m. and 1 p.m. Appointments will also be available.

For more information or to make an appointment, call the Fort Sam Houston Tax Assistance Center after Tuesday at 295-1040.

Family Action Plan gives voice to Soldiers', families' concerns

An Army Family Action Plan Community Forum is the first step in the process that conveys input from the Army family to leadership. The process lets Soldiers, Army civilians, retirees and their families identify what is working and what is not working in their community and the Army worldwide. It alerts commanders and Army leaders to areas of concern that need their attention and provides a mechanism for reporting back to the local community on the progress of the issues submitted.

This process has resulted in the enhancement of local programs and quality of life, change in regulations and enact-

ment of new legislation in support of military components.

Be a part of this important process. People can submit issues to the 2005 FSH AFAP conference by going to http:www.fortsamhoustonmwr.com/acs/programs/AFAP. The program needs delegates representative of the community, including civilian employees, spouses of enlisted, NCO and officers, and retirees. Delegates attend pre-conference training and a two-day conference Feb. 1 and 2. For a delegate application, call the AFAP program manager, Sue York, at 221-0275. Soldier delegates will be identified through their units.

DO YOU KNOW WHAT IS ON YOUR CREDIT REPORT?

Would you like to get a credit report and have it reviewed by a credit specialist?



For more information on how you can do this, call the Financial Readiness Branch of Army Community Service at 221-1612.

Army Safety Center releases new safety courses

The US Army Safety Center will offer two new online safety training courses on its Web site, https://safety.army.mil/home.html, starting in mid-January.

The initial courses focus on commanders, additional duty safety personnel, safety professionals and workplace safety.

The new courses are: The Commander's Safety Course and the Additional Duty Safety Course. Additionally, another 110 commercial off-the-shelf safety courses will be offered via the USASC Web site on a variety of subjects.

Commander's Safety Course - The course is designed to educate both commanders and other leaders on how to better manage their unit safety programs. The course focuses on the integration of Army safety and risk management into all operations to protect Soldiers, prevent equipment damage or loss, and, ultimately, successfully accomplish the mission while conserving resources. This is not an updated version of the current course, but rather a completely new program with a different structure, focus and feel. The CSC will also be available through the Reimer Digital Library replacing the current course. This course takes approximately nine hours to complete.

The CSC is required for all company grade officers prior to assuming command. Brigade and battalion level command designees must complete the CSC prior to attending the Fort Leavenworth pre-command course.

Additional Duty Safety Course - Focused on additional-duty safety personnel from company through brigade level, the new online ADSC will soon be released. Until now, there has been no standardized Army training to meet the needs of additional-duty safety personnel. The course content is based on curriculum developed from an 80-hour resident training program. The release of the ADSC establishes the Army standard for trained and qualified additional-

duty safety personnel. Course completion will also satisfy the requirements in AR 385-10, paragraph 2-1.f.(4) for completing a local unit safety officer course. The course takes approximately 16 hours to complete.

Anyone assigned to an additional-duty safety position is required to take the ADSC within 30 days of appointment.

Additionally, it is highly recommended that all safety personnel complete both the CSC and the ADSC as part of their professional development. These courses are prerequisites for other resident courses.

USASC will also post 110 commercially developed courses. Most courses are approximately one hour in length and provide quality training and current information in a variety of subject areas to include: back safety, driving safety, ergonomics and eye protection. Users will receive certificates upon course completion.

USASC will provide a follow-on CD upon course completion. The CD contains the entire course (minus the exam) for future reference, as well as unique safety information, tools and resources not found in other courses.

The commercially developed courses are recommended for safety personnel at all levels and those who work in areas affiliated with course subjects. These courses are excellent for both initial and refresher safety training for specific areas in the workplace.

For those who are in a critical need and unable to wait for the online version, USASC will provide CDs for both the CSC and ADSC upon request. The CDs will not include the exams for certification in either course. In order to receive credit for the courses, users will need to register through the USASC LMS and take the exams online.

For more information, call Lupe Gomez, safety manager, at 221-3866.

(Source: USASC news release)

Fort Sam Houston speed limits

There are a large number of people speeding on post. Fines for speeding violations can be expensive and may require people to appear before a magistrate.

The installation speed limits are as follows unless otherwise posted:

Housing areas:

Troop areas:

10 mph
When passing a troop formation:

10 mph
School zones:

20 mph
Parking lots:

10 mph
Brooke Army Medical Center:

25 mph

The speed limits on the most commonly used roadways on the installation are as follows:

Wilson Ave: 30 mph
Stanley Road: 25 mph
Williams Road: 20 mph
Garden Ave (north of Schofield): 20 mph
Garden Ave (south of Schofield): 30 mph
Scott Road (north of Walters Street): 20 mph

Why wear seatbelts?

- Newer seatbelt design allows total freedom of motion while driving.
- The majority of all car accidents occur within 25 miles of home.
- 80 percent of all serious injuries and fatalities occur in cars going 40 miles per hour or slower.
- In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield or other parts of the car.
- Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
- According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.

(Source: Fort Sam Houston Safety Office)

Blood donor recognition

January has been designated National Volunteer Blood Donor Month since 1970. The Armed Services Blood Program in collaboration with the American Association of Blood Banks will emphasize the importance of giving the gift of life through the donation of blood.

Fort Sam Houston will honor past and present donors while encouraging new donors with various activities throughout the month. A donor recognition ceremony will be Jan. 21 from 11 a.m. to 1 p.m. at the Sam Houston Club.

"The need for blood is constant and volunteer blood donors are the primary source of blood used for patient care in the United States and at military installations worldwide," said Capt. Marti Blose from the Akeroyd Blood Donor Center.

"If all who are eligible to donate would do so on a regular basis (four to five times per year), blood needs could be met and shortages could become a thing of the past," said Blose.

"We recognize our donors as lifesavers all year long, but during NVBDM we try to show our appreciation even more clearly. More than 10,000 units of blood are used each year at BAMC alone. We would never be able to meet that need and support our troops in the theaters of operations without the generous contributions of our donors," she said.

Blood has become an increasingly important part of health care. Battlefield and trauma victims, people undergoing surgery and patients receiving treatment for leukemia, cancer and other diseases all use blood. Every three seconds, someone needs blood. Military hospitals transfuse more than 54,000 units of red blood cells, greater than 20,000 units of plasma and more than 5,000 units of platelets annually. Blood must be collected continually to replace contingency supplies and to meet the peacetime needs of the military health system.

People interested in becoming blood donors should call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.

(Source: Akeroyd Blood Donor Center news release)

Blood donation reward program

January is National Volunteer Blood Donor's Month. To emphasize the importance of blood donation, the Akeroyd Blood Donor Center and Brooke Army Medical Center invite people to donate blood five times in 2005. People must wait 56 days between donations. There will be a special reward for those who complete this program at a donor recognition ceremony at the end of the year. Each donation may help up to three people. For more information, call Richard Willis at the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Health Promotion

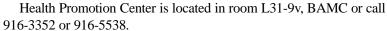
January class schedule

Class	Date	Time
Self Care and Health	Today	9 to 11 a.m.
Tobacco Cessation		
'Readiness to Change'	Today	3 to 5 p.m.
Colonoscopy Education	Tuesday	10:30 to 11:30 a.m.
Arthritis	Tuesday	9:30 to 11 a.m.
High Blood Pressure	Wednesday	9 a.m. to 12 p.m.
Office Yoga	Wednesday	12 to 1 p.m.
AD Self Care	20	8 to 10 a.m.
Breast and GYN		
Cancer Support Group	20	1:30 to 3 p.m.
Body Fat Testing	21	8 to 11 a.m.
Introduction to Weight Reduction	21	12 to 1:30 p.m.
Breastfeeding Support Group	21	1 to 2:30 p.m.
Diabetes Education	24	12:45 to 4:30 p.m.
Diabetes Foot Care	24	1 to 2:30 p.m.
Breast Health	25	9 to 10 a.m.
Colonoscopy Education	25	10:30 to 11:30 a.m.
Diabetes Education	25	12:45 to 4:30 p.m.
Breast and GYN		
Cancer Support Group	25	5:30 to 7 p.m.
Office Yoga	26	12 to 1 p.m.
Introduction to Weight Reduction	28	12 to 1:30 p.m.
Breastfeeding Support Group	28	1 to 2:30 p.m.
Diabetes Education	31	12:45 to 4:30 p.m.
For more information or to register, call Health Promotions at 916-3352.		

For more information or to register, call Health Promotions at 910-333

Smoke-free and courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your "wings."





Health care students

The U.S. Army Health Professions Scholarship Program offers a unique opportunity for financial support to health care students. The Army will pay 100 percent of tuition, required books, rental of nonexpendable equipment, most academic fees and a monthly stipend.

Scholarships are available to students in the areas of: medicine, osteopathy, dentistry, optometry and nurse anesthesia.

For information concerning eligibility, pay service obligation and application procedures, contact the U.S. Army Health Care Recruiting Team: 2040 Babcock Road, Suite 406, San Antonio, TX 78229-4428, 692-7376



2005 Brown Bag Series Calendar

Wednesday Carmen Lopez

11:30 a.m. MEDCOM EEO Director

Topic: Senior Army Workforce

Feb. 2 Glennis Ribblett

11:30 a.m. Individuals with Disability Program Manager

Topic: Alamo Federal Executive Board Leadership/Presidential Management

Fellows Program

March 2 Arcy Longoria

11:30 a.m. President, FSH FEW Chapter

Topic: Federal Employed Women Organization

April 6 Angela Swain

11:30 a.m. Family Advocacy Victim Advocate

Topic: Creative Anger Management Styles

May 4 Rudy Garza 11:30 a.m. CPAC Personnelist

Topic: National Security Personnel System

Sessions are at the San Antonio Credit Union Training Room. For more information, call 221-9401 or 221-9356 or e-mail Maria.preda@samhouston.army.mil. If reasonable accommodation is needed, call in advance to 221-9401.

Shoppers support Special Olympics



Photo by Elaine Aviles

(From left) Special Olympics medal winner Maya Barinas and Tammy Milligan, Proctor and Gamble representative, pass out a free prize to a commissary shopper. The Fort Sam Houston Commissary sponsored a "Hoops for Special Olympics" event Friday to raise money for the organization. Participants paid \$1 to make a basket and everyone received a prize. The proceeds go to the Special Olympics to fund athletes competing in local, state and national games. "The Special Olympics gives people a chance and opportunity to do more than people ever dreamed," said Shirley Johnson, a 36-year Special Olympics coach. People who missed the event can make donations by calling the local office at 530-9898.

SPORTS

Stanley Cup on post

The Stanley Cup hockey trophy will be on display at the Jimmy
Brought Fitness Center today from 3:30 to 4:30 p.m. People will be able to view the trophy and have their photo taken.
The Stanley Cup is the most famous trophy in the sporting world; it weighs 35 pounds and stands just under 3 feet tall. This event is in conjunction with the Rampage Military
Appreciation Night at the SBC center Jan.
28. For more information, call 221-2926.

Jump shot

Pfc. Jamison Anderson, from the Fort Sam Houston Rangers varsity basketball team, shoots a basket during the Jan. 8 game against Laughlin Air Force Base. The Rangers bested Laughlin 104 to 77 and for Sunday's game, 82 to 76.



Photo by Alexandra Nordeck

Tough competition



Photo by Col. Bradley Freeman

Maj. J.K. Weaver and Capt. Gardner Andreas prepare to deflect a pass thrown to Lt. Col. Jack Collins during the 32nd Medical Brigade's annual football game Saturday. Col. Bradley Freeman, 32nd Medical Brigade commander, opened his home to senior leaders and their families for the event. The competitors were the 187th Medical Battalion team vs. a combined team of Academy Battalion and 232nd Medical Battalion players. The 232nd squeaked by the 187th 19 to 17.

A&R Council meeting

The next meeting for Athletics and Recreation Council representatives is scheduled for Jan. 27 at 1:30 p.m. at the Hacienda Recreation Center.

Softball tryouts

Post-wide men and women's softball tryouts are Jan. 31 to Feb. 4 at 6:30 p.m. (rain date Feb. 7 to 11). Men practice at Leadership Field; women practice at Lady Leadership Field. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army. mil.

Intramural volleyball

Intramural volleyball letters of intent are due Feb. 1. The coaches meeting is Feb. 4 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts Feb. 14. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural soccer

Intramural soccer letters of intent are due Feb. 2. The coaches meeting is Feb. 7 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts Feb. 16. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural racquetball

Intramural racquetball letters of intent are due Feb. 7. The coaches meeting is Feb. 16 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts Feb. 21. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural flag football

Intramural flag football letters of intent are due Feb. 7. The coaches meeting is Feb.

16 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts Feb. 21. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Basketball Camp

The Ten Star All Star Summer Basketball Camp is accepting applications from 10 to 19-year-olds. Past participants include Michael Jordan, Tim Duncan and Vince Carter. College basketball scholarships are possible for players accepted to the All-American Team. For more information and camp locations, call (704) 373-0873.

SCHOOL NEWS

Cole Jr./Sr. High School sports news

FSH Independent School District

Weekly Calendar Monday to Jan. 21, 2005

Fort Sam Houston Elementary School

Monday

School holiday, Martin Luther King Jr. Day

Tuesday

Sixth grade to Cole for assembly in Moseley Gym, 10 a.m. **Wednesday**

Fourth grade state-developed alternative assessment writing field test Jan. 20

Jan. 20Grades 3 – 6 state-developed alternative assessment math field test

Jan. 21

Grades 3-6 state-developed alternative assessment reading field test Spirit Day

Robert G. Cole Jr. / Sr. High School

Monday

School holiday, Martin Luther King Jr. Day

Tuesday

6, 7 and 8th grade assembly in Moseley Gym, 10 a.m. 9, 10, 11 and 12th grade assembly in Moseley Gym, 1:30 p.m. Junior High ATSSB region band auditions at La Vernia High School, 4 p.m. 7th and 8th grade skating party at Rollercade, 3:40 to 6:15 p.m. Girls soccer vs Providence at Cole, 5 p.m.

Girls basketball at Randolph, 5 and 6:30 p.m.

Boys basketball at Randolph, 5 and 8 p.m.

Wednesday

Retro Bill assembly for 7th and 8th grades in Moseley Gym, 9 a.m. Jan. 20

Grades 7, 8 and 9 reading spring benchmark testing, advisory period Grades 10 and 11 ELA spring benchmark testing, advisory period Girls soccer at TMI, 5 p.m.

Boys soccer at TMI, 7 p.m.

Jan. 21

Pep Rally at Moseley Gym, 3 p.m.

Girls Basketball vs Navarro at Central Post Gym and Cole, 5 and 6:30 p.m. Boys Basketball vs Navarro at Cole, 5 and 8 p.m.

Jan. 22

UIL one act play rehearsal in Moseley Gym, 1 to 4 p.m. Seniors and parents Posh party at cafeteria, 6:30 p.m.

Cougar basketball is under way

The Cole Cougars varsity boys' basketball team is once again enjoying a winning season. After playing through the winter holidays, they moved into the number eight position in the State Basketball 2A Division, as ranked by the Texas Association of Basketball Coaches. Cole's record is 16-3 overall.

The Cougars are proving they can overpower teams in the larger State Basketball 3A Division.

Coach Herb More, with assistant Howard Baer, led the Cougars to the District 29-2A Co-Champion title for 2003-2004. Cole's overall record was 26-4, including a district record of 13-1 for the school year.

Soccer starts up at Cole

Soccer is an added bonus for students at Cole Junior/Senior High School. Brandon Jones, second grade teacher at Fort Sam Houston Elementary, coaches the boys' team and Ron Pritchard, physical education teacher at Cole, coaches the girls' team. The teams play local high schools in the area.

The boys' soccer team has a record of 1-3, with a victory over St. Mary's Hall and losses to Antonian, St. Mary's Hall and Holy Cross. The leading scorer is Cody Oswald. Injuries have plagued the team, including Cody Oswald with back ailments and Fabian Rodriguez with an ankle injury. Remaining games include TMI and Holy Cross.

The girls' soccer team record is 5-0-1, with a recent 2-0 victory over Antonian on Jan. 7. Erika Persuad and Amy Rarig scored one goal each.

Swimming meet brings wins to Cole

Last Friday, the Cougar swimming team participated in a high school dual meet held at the San Antonio

Natatorium. Caitlyn Gresenz took first place in the 500-meter freestyle and second place in the 50-meter freestyle. This represents both ends of the swimming spectrum: sprints and distance, proving her prowess in the water.

Caitlyn McCoole and Elizabeth Bagg took first and second places respectively in the 100-meter breast-stroke, even after playing a soccer game immediately before.

Debesh West took second in the 100-meter breast stroke and third in the 50-meter freestyle. His times were fast enough to put him on the roster of the 10 fastest times for every event that is offered at the high school level. Last year, West was named to the San Antonio Express News All-Area Swimming and Diving Team for the 200-meter individual medley.

Joe Wyckoff, science teacher, is credited as the founding member of the Cole swimming team. Being a Cole High School graduate himself, he is proud of his swimming team as they compete against the large high school teams.

Cole band members earn honors

Three members of the Cole High School band participated in the Association of Texas Small School Bands Area Band Competition on Jan. 8 in Orange Grove, Texas. All three brought home honors in different divisions. Jon Simpkins placed 14th chair on snare drums. Luis Maldonado placed 4th chair on tenor saxophone. Sean Chislett placed 5th chair on trumpet. This is the second time in three years Chislett has earned a place in the ATSSB All-State Band. He will be performing with the ATSSB All-State Band at the Annual Texas Music Educator's Association State Convention in late February.

Board of Trustees meeting

The Fort Sam Houston ISD Board of Trustees will meet at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road, for a regular meeting Jan. 27 at 11 a.m.

School board candidate workshop

Area school board candidates and interested people are invited to a candidate workshop Feb. 28 from 7 to 9 p.m. at the Region 20 Education Service Center at 1314 Hines Ave. Experienced school board members will explain board members' key responsibilities and outline the qualities necessary for effective service. The workshop is free and open to the public. For more information, call School Liaison Services at 221-9613 or e-mail keith.toney@samhouston.army.mil.

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Religious Happenings

Faith Fitness for Women

The Protestant Women of the Chapel sponsor Faith Fitness for Women, a program that helps women improve their physical fitness through faith-based encouragement and support. The group meets Tuesdays and Thursdays at 9 a.m. at the Jimmy Brought Fitness Center beginning Tuesday and is open to all Fort Sam Houston community women. For more information, call 829-4479.

Positive moms group

The Protestant Women of the Chapel sponsor an enrichment class for Fort Sam Houston women seeking positive ways to deal with the complex job of being a mom. The class is Thursdays starting Jan. 27 from 6:30 to 7:30 p.m. at the Dodd Field Chapel. The group will read and discuss, "The Power of a Positive Mom" by Karol Ladd over a 10-week period. Childcare for infants to 5-yearolds will be provided. For more information, call 829-4479.

JANUARY INTERFAITH CALENDAR

Today Maghi - Sikh (Sikh commemoration of a battle in which forty Sikhs died for Guru Gobindh Singh Ji.)

Sunday World Religion Day - Baha'i (Baha'i sponsored day dedicated to the unity and oneness of all world religions.)

Wednesday Waqf al Arafa - Islam (Islamic observance day during Hajj when pilgrims pray for forgiveness and mercy.)

Wednesday to 22 Hajj - Islam (Islamic pilgrimage rites at Mecca on 7-12th days of month of Dhu al-Hajja. Concludes with Eid al Adha when those not traveling to Mecca take part.)

21 to 24 Id al Adha - Islam (Islamic day to remember Abraham and the almost sacrifice of Isaac.. Meat is given to the poor.)

25 Tu B'shvat * - Jewish (Jewish celebration of the coming of spring by preparation of foods native to Israel. It is also known as "New Year for Trees" - a method for determining the age of trees for tithing purposes.)

Notes: * Usually begins at sundown the day before this date.

POST WORSHIP SCHEDULE

Main Post Chapel, Bldg. 2200, phone number: 221-2754

Catholic Services:

4:45-5:15 p.m. - Confessions - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays 11:30 a.m. - Mass - Weekdays

Protestant Services - Sundays:

8 a.m. - Traditional Protestant 11 a.m. - Traditional Protestant

Jewish Services: phone numbers: 379-8666 or

493-6660

Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg

Shabbat

Dodd Field Chapel, Bldg. 1721, phone numbers:

221-5010 or 221-5432

Catholic Services - Sundays: 12:30 p.m. -

Bilingual Mass

Protestant Services:

10:30 a.m. - Collective Gospel Protestant - Sundays 9:30-11:30 a.m. - Women's Bible Study (PWOC) -

Wednesdays, childcare is provided

AMEDD Regimental Chapel, Bldg. 1398, phone

number: 221-4362

Troop Catholic Mass: Sundays: 10 a.m. - 32nd Medical Bde. Soldiers **Troop Protestant Gospel Services:**

Sundays: 11:30 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant Service:

9 a.m. - 32nd Medical Bde. Soldiers

FSH Mosque, Bldg. 607A, phone numbers: 221-5005 or 221-5007

1:30 p.m. - Jumma - Fridays

10:30 a.m. - Children's Religious Education -

Sundays

7:30 p.m. - Adult Religious Education -

Thursdays

Brooke Army Medical Center Chapel, Bldg. 3600,

phone number: 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays

11:15 a.m. - Mass - Sundays 11 a.m. - Mass - Weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

Noon - Worship - Wednesdays

232nd Medical Battalion Classroom, Bldg. 1380, phone numbers: 221-5005 or 221-5007

Mormon Services: 9:30 to 11:30 a.m. - Sundays

Web site: www.cs.amedd.army.mil/chaplain

CHILD AND YOUTH SERVICES

Youth Happenings

Peace march

School Age Services will have a Martin Luther King, Jr. Peace March Friday at 4 p.m. Participants start at School Age Services, Bldg. 1705, and walk through the Parent Child Incorporated parking lot, through the Watkins Terrace House Area and past the Youth Center. For more information, call SAS at 221-4466.

Instructional classes

People interested in instructional classes such as Tae Kwon Do, quarterly babysitter training or gymnastics can call 221-4882 or 221-4871/1723.

Open recreation

School Age Services offers after school, weekend open recreation and after school hourly care to children in first through fifth grade. People have to sign up for hourly and open recreation in advance. Children must be registered through central registration prior to using the School Age Program. For more information, call School Age Services at 221-4466. To register, call Central Registration at 221-4871 or 221-1723.

Boredom remedy

Youth Services offers after school and weekend opportunities for sixth through 12th graders. For more information, call Youth Services at 221-4882 or Child and Youth Services Central Registration at 221-4871.

Basketball registration

Youth Services basketball registration is ongoing from 10 a.m. to 7 p.m. for 3- to 17-year-olds (full for 13 and 14-year-olds). The cost for 5 and older is \$45 for the first child and \$40 for all other siblings in the same family. The cost for 3- to 4-year-olds is \$25 per child. Games begin this month. A birth certificate, physical and CYSD registration are required to register. To volunteer or for more information, call 221-5513 or 221-3502.

AHFSH soccer registration

Alamo Heights Fort Sam Houston Soccer League will sponsor spring soccer registration Saturday from 9 a.m. to 3 p.m. The cost is \$50 per person. The uniform cost will be announced at a later date. For more information, call the Youth Center at 221-3502.

Free after school program

Youth Services offers an after school program for sixth through ninth graders weekdays until 6 p.m. YS will pick up children from either the elementary school or high school. Students go to the Youth Center, have a snack, work on homework, participate in clubs and do fun, innovative projects. They can join the 4-H club, photography club, a computer technology club and a variety of other clubs. YS can add areas of interest that appeal to parents and students. Students must be registered with Child and Youth Services, which has an \$18 annual fee, but the after school program for middle and high school students is free. For more information, call 221-3502.

Volunteers needed

Youth Services is looking for volunteers to assist with youth programs, including coaches, computerskilled people, people with craft hobbies or anyone who just cares about kids. For more information or to volunteer, call the Youth Center at 221-3502.

Parents wanted

Parents are invited to come to the Youth Center every third Saturday of the month from 6 to 9 p.m. to join the Youth Center staff and the teens and middle school youth in a game of basketball. Parents and staff try to outmaneuver the teens and score a few baskets. Refreshments are provided. For information, call the Youth Center at 221-3502.

Saturday open recreation

First through 12th graders can participate in open recreation at the Youth Center Saturdays.

First through fifth graders meet from 3 to 8 p.m., sixth through eighth graders from 3 to 10 p.m. and ninth through 12th graders from 3 to 11 p.m. Activities include computer lab, arts and crafts, basketball, pool, pingpong and movies. People must be registered with Child and Youth Services to attend. For more information, call 221-3502.

Saturday shuttle

Youth Services offers a Saturday shuttle to and from the Youth Center. There is no cost but parents with children 9 years old and younger must wait for the van and sign them in and out. The shuttle schedule is

3 p.m. - leave the Youth Center

3:10 p.m. - Gorgas Circle (picnic tables)

3:13 p.m. - Schofield/Dickman on Schofield

 $3{:}16\ p.m.$ - Reynolds and Dickman on Reynolds

3:20 p.m. - Officers' Club tennis courts

3:25 p.m. - Artillery Post Road at bus stop 3:30 p.m. - Easley/Infantry Post at bus stop 660

5:30 p.m. - Easley/mrantry Post at bus stop t

3:37 p.m. - Patch Road (playground)

3:40 p.m. - Marvin R. Wood (basketball courts) 3:47 p.m. - Patch Road (shoppette parking lot)

3:51 p.m. - Foulois/Scott Road (Harris Heights)

3:54 p.m. - Forage/Foulois

4:02 p.m. - Powless Guest House

The return shuttle will leave the Youth Center at 7:30 p.m. for those in fifth grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in middle school and at 10:30 p.m. for those in ninth grade and up. These shuttles are for youth who live on the installation. For more information, call 221-3502.

Piano instructor wanted

Youth Services seeks a certified piano instructor willing to teach first through 12th graders. Instructor must be able to teach on weekday afternoons and evenings or Saturdays. For more information, call the Youth Center at 221-3502.

Youth opportunities

Sixth through 12th graders seeking after school and weekend opportunities can call Youth Services at 221-4882 or Child and Youth Services Central Registration at 221-4871.

Parent News

PCI closure

Parent Child Incorporated will close at noon on Monday. Families in need of care during this time should call Child and Youth Services Central Registration at 221-4871 or 221-1723.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years old on and off post with certified providers. FCC offers full day, part day, before and after school care, hourly care, extended hourly care and long term care. For referral information or child registration, call Child and Youth Services Central Registration at 221-4871 or 221-1723.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. FCC installation training for new providers is Feb. 14 to 18 from 8 a.m. to 4 p.m. For more information, call 221-3820 or 221-3828.

PAC meeting

The Child and Youth Services Parent Advisory Council meeting will be Tuesday from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is an opportunity for parents to learn of upcoming events, meet staff and address concerns.

Full-time day care

If you need full-time day care for children 3 to 5 years old, call Central Registration at 221-4871.

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Marine Recon unit deploys from Fort Sam to Iraq

Story and photos by Esther Garcia Fort Sam Houston Public Affairs

More than 100 Marines from the 4th Reconnaissance Battalion 4th Marine Division stationed at Fort Sam Houston and San Antonio will report for duty in support of Operation Iraqi Freedom.

Families attended the unit deployment ceremony at the Navy Reserve Center Sunday for Headquarters and Service Company and C Company, 4th Reconnaissance, 4th Marine Division.

Marines from the 4th Reconnaissance Battalion have orders for one year but could be on active duty for up to two years under the current Reserve Presidential Recall Authority.

From Fort Sam Houston, the unit will report to Marine Corps Air-Ground Combat Center at Twenty-nine Palms, Calif., for pre-deployment training, and is scheduled for follow-on deployment in support of the nation's war on terrorism

"We will be executing a reconnaissance role and stability and security operations in Iraq, helping to rebuild their country and get them on their feet," said Capt. Richard Fisher, C Company commander, 4th Reconnaissance Battalion.

"I am excited," Lance Cpl. Dale Castleberry said. "I am finally going to do the job I have trained for over the years."

Castleberry's wife, Jennifer, said she is "scared and nervous, but this is how everybody feels about their loved ones."

Castleberry said in this era of e-mails, it is easier to stay in touch with family than in past wars.

Pre-deployment briefings were in the morning and the afternoon featured a picnic for the families, which included a moon bounce for the children. Communications equipment, weapons and military vehicles were on display for families to learn about unit equipment and the Marines' technical skills.

The Non Commissioned Officers Association donated and cooked the food, which included 400 pounds of brisket and sausage links, gallons of potato salad and beans.

"We want to show our appreciation for what they are doing," said Gene Overstreet, the former 12th sergeant major of the Marine Corps and president of the NCOA. "We are out here to let them know we have their best interests at heart, and we hope they take care of themselves while they are over there, and we'd like to do this again when they come back."

"We are activating, mobilizing our entire battalion to deploy in a few weeks to Iraq. I am so proud of every Marine and Sailor going," said Lt. Col. Burke Whitman, 4th Reconnaissance Battalion, 4th Marine Division commander. "And I am deeply grateful to the friends, spouses, grandparents, uncles, who are here. Our Marines are well trained, they've got the equipment they need, they have the protective equipment they need and they are ready."

"I am sad and will cry when my dad is gone, but I know he is coming back," said Joshua Martinez, son of Sgt. Samuel Martinez.



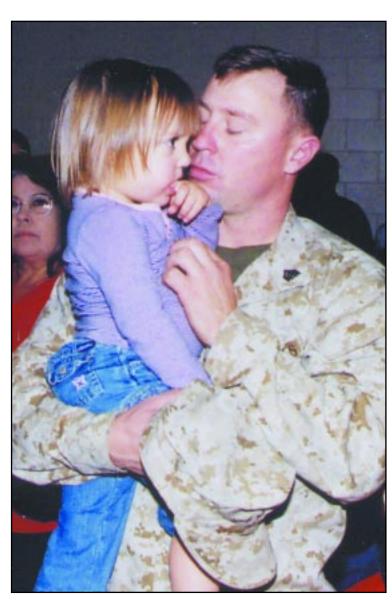
(Above) Gene Overstreet, Non Commissioned Officer Association president and former 12th sergeant major of the Marines, watches as Cliff Davis cuts more brisket for the approximately 450 families and friends, including Marines and Sailors, who attended the deployment ceremony Sunday at the Navy Reserve Center.



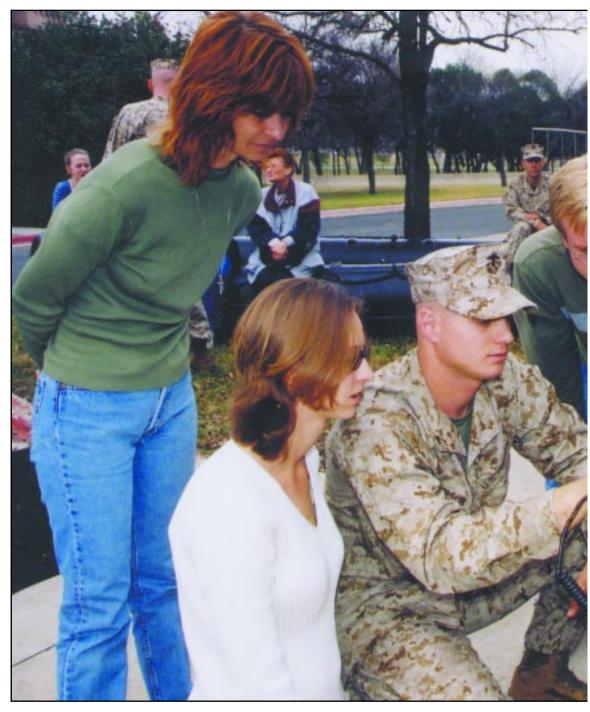
Sunday was Family Division who will de



(Right) Pvt. Gilbert Martinez stands by while nephew, Nicholas, and niece, Andrea, explore a Humvee on display at the family picnic Sunday at the Navy Reserve Center.



Sgt. James Boatright holds his daughter, Aubrey, at the activation ceremony held at the Navy Reserve Center.



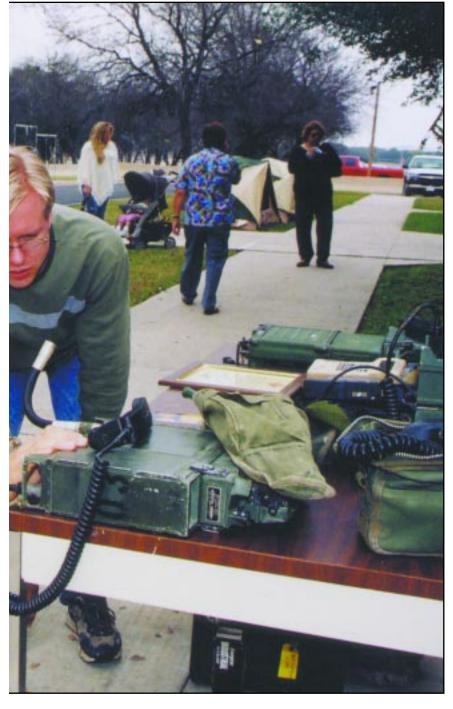
Lance Cpl. Justin Henderson, a radio field operator from Lexington, Texas, demonstrates ho ing), his sister, Tina Woodward, and her husband, Andy.

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Day for the families and friends of the 4th Reconnaissance, 4th Marine loy for one year in support of Operation Iraqi Freedom.

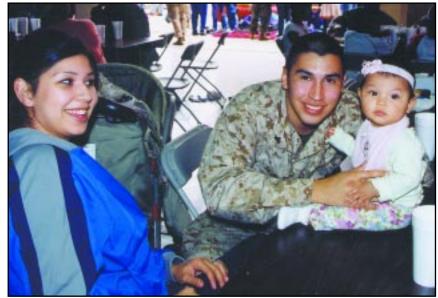




a radio operates in the field to his mother, Susan Henderson, (stand-



Sgt. Samuel Martinez, a machine gunner, explains to his sons, (left to right), Joshua and Gabriel, the 240G machine gun his unit will use while deployed.



Cpl. Gerald Morales, wife Michelle and daughter, Geanice, spend time together during Family Day at the Navy Reserve Center prior to his deployment. This will be Morales' second deployment. "I will miss him and support him, but this time I will have my baby to keep me busy," said his wife, Michelle.

MWR

Recreation and fitness

Post garage sale

Clean out your closet for the next garage sale, which is Feb. 5 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot, on the corner of Harry Wurzbach and Stanley Roads. To participate as a seller, people must have a valid Department of Defense ID card. There is no cost; however, participants must pre-register by calling 221-2926 or visiting the Web page at www.fortsamhoustonmwr.com. MWR provides a space in the parking lot; participants must bring their own tables, or may rent one at the Outdoor Equipment Center by calling 221-5224.

Jump Rope Aerobics

Join the 15-minute jump rope aerobics class featuring basic jumps. Bring your own rope to the Jimmy Brought Fitness Center Mondays, Wednesdays and Fridays at 5:30 p.m. for this free class. For more information, call 221-1234.

60 Days of Fitness

The program is a motivating fitness and weight loss program to help people safely lose 15 pounds in 60 days using a point system. This self-paced program requires people to workout 45 out of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. People will also attend two 30-minute weight loss classes. Cost for the program is \$40, which includes a T-shirt. For more information, call Lucian Kimble at 221-2020.

Riding lessons

Weekday riding lessons are available at the Equestrian Center. Lessons slots are Mondays, Tuesdays and Wednesdays from 10:30 a.m. to 4:30 p.m. for Western, English and Jumping. For more information, call 224-7207.

Trail rides

The Equestrian Center offers one-hour trail rides Saturdays and Sundays. People ages 7 and

up are welcome; however, adults must accompany all children. The cost is \$20 per person. Reservations are required and may be made by visiting the Equestrian Center or by phone. Riding times are 8:30 to 9:30 a.m., 10 to 11 a.m., 12:30 to 1:30 p.m. and 2 to 3 p.m. For more information, call 224-7207 or visit Bldg. 3550, Hawkins Road, off Binz-Engleman.

Equipment rentals

The Outdoor Equipment Center (Bldg. 1111, Forage Road) offers a wide variety of recreational equipment for rent including fishing boats, travel trailers, camping equipment, large barbecue and smoker pits, canopies, tables, chairs, play bouncers and dunking booths for unit gatherings or birthday parties. Utility trailers (both open and covered) are also available. For more information, call 221-5224.

Dining and entertainment

Golf Club

Golf lessons

Private customized and personalized instructions are offered at the golf club.

Ladies clinic

Classes are offered for beginners every Tuesday Feb. 1 through Feb. 22.

Sweetheart special

Give your sweetheart a golf lesson with a 10 percent discount or buy a partner package with a 20 percent discount. For more information, call 222-9386.

Sam Houston Club

Bingo

Come play bingo Thursdays and Fridays (6:50 p.m.– early bird start) Saturday (12:50 p.m. – early bird start). Doors open at 5 p.m. Children 10 and up may play when accompanied by an adult; \$10,000 will be given away. Free buffet for all bingo players.

Super TGIF

Super TGIF is Jan. 21; the bar opens at 4:30 p.m. Open buffet for everyone and no cover charge for members, non-members pay \$3.

Sams Sports Bar

SoundTraxx DJ Greg

Norton provides entertainment Friday and Jan. 28.

Light lunch

The Sam Houston Club will start serving assorted sandwiches, soups and salads along with the "All You Can Eat" buffet Monday. Lunch includes beverage, salad bar, soup and dessert. Hours are Mondays through Fridays from 11 a.m. to 1 p.m.

Bowling Center

Bowling lessons

Lessons are Tuesdays and are free to league bowlers (\$25 for non-league bowlers).

Family bowling

Family bowling day is Sundays; adults and youth 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1.The special excludes birthday parties and cannot be combined with other special offers.

Soldier appreciation

Soldier Appreciation Day is Saturdays from 11 a.m. to 8 p.m. Free shoe rental and medium soda with purchase of game.

Cyber Bowl

Cyber Bowl is Saturdays 8 to 10 p.m. Cost is \$10 per person 12 and up, \$5 per person under 12.

Harlequin Dinner Theatre

"Ten Little Indians," a mystery by Agatha Christie, will be performed through Feb. 19. Call the box office at 222-9694 for show times and tickets.

MWR Ticket Office

The ticket office has Disney and Universal Studios tickets, along with 2005 entertainment coupon books. The 2005 season passes for Sea World and Fiesta Texas are now available. Disney Line has special rates for military that start at \$349. Disney on Ice presents "Finding Nemo," tickets are available for March 24 to 27. Tickets are only \$12 for March 25 and 27. There are also tickets for the San Antonio Stock Show & Rodeo, which is Feb. 4 to 20; tickets are \$35. Show will feature Willie Nelson, Brooks & Dunn and Bill Cosby. The ticket office is open Mondays through Fridays from 10 a.m. to 5 p.m. For more information, call 226-

Rampage Military Appreciation Night

Join the San Antonio Rampage hockey team as they recognize military members throughout San Antonio and the United States. A special Military Appreciation Night will be Jan. 28 at 7 p.m. at the SBC Center. Tickets for all Department of Defense ID cardholders are discounted to \$10 per person and include one lower level game ticket, hotdog, soda, ice cream and a chance to win a Rampage jersey. Ticket order forms can be obtained by visiting any MWR facility including the bowling center, Army Community Service and the



Jimmy Brought Fitness Center. Ticket orders are due by Jan. 21. For more information, call 221-2926 or 221-2307. Jerseys worn by the players will be auctioned at the end of the game. Proceeds benefit Fort Sam Houston ACS, San Antonio Fisher House, American Red Cross and the Lackland Air Force Base Family Support Center.

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Happenings

Scholarships for Military Children

There's still time to submit an application to the Scholarships for Military Children program. The deadline for the \$1,500 scholarships is Feb. 16 and all applications must be delivered to the commissary by the close of business that day. At least one scholarship will be awarded at every commissary location with qualified applicants. The application can be downloaded through a link at http://www. commissaries.com or downloaded directly from http://www.militaryscholar.org and filled out by hand or on the computer. Copies of the application are also available at commissaries worldwide. Additional instructions can be found on the application or at http://www.militaryscholar.org.

Singing lessons

Alamo Metro Chorus, a chapter of Sweet Adelines International Inc., invites women who love to sing to four music-filled evenings in January. Each week, participants will experience four-part harmony designed for women's voices. Sessions are Thursday evenings beginning today through Feb. 3 at 7 p.m. in the Beitel Memorial Lutheran Church Fellowship Hall, 2515 Austin Highway (at Perrin Beitel) in San Antonio. A \$5 donation is requested to cover the cost of printed materials and tapes. For more information, call 710-8557.

Spouses' Club luncheon

The Officer and Civilians Spouses' Club hosts a January luncheon "Potpourri Bingo" Tuesday at the Sam Houston Club, Bldg. 1395, at 11 a.m. To sign up, call Sigrid Reitstetter at 226-8806 or email sigrid.reitstetter@amedd.army.mil before noon Friday.

Auditions for youth

Fort Sam Houston's Youth Services will hold open auditions for a performing arts group, "The Rainbow Kids," Saturday. The group is for children ages 6 through 13 years who like to sing, dance and perform comedy or special acts. The audition begins at 3 p.m. at Fort Sam Houston School Age Services, Bldg. 1705, off Winans and Dodd Roads across from the chapel. Children should have a routine prepared. For more information, call the Youth Center at 221-3502 or 221-4882, School Age Services at 221-4466 or Ron Joy at (830) 980-7786 or 295-2093.

Spanish classes

The Fort Sam Houston Army Family Team Building program will offer Level 1 in Spanish Saturday from 8 a.m. to 3:30 p.m. at the Roadrunner Community Center. Classes are open to family members, Soldiers and Department of Defense civilians. Refreshments and a light lunch will be provided. For more information or to register, call 221-0275 or 221-2418.

Historic Fort Sam tour

The Fort Sam Houston Officer and Civilian Spouses' Club sponsors a Tour of Homes on historic Fort Sam Houston April 1 from 10 a.m. to 2 p.m. Advanced tickets may be purchased for \$10 Saturday and Feb. 17 in front of the PX and Jan. 29 and Feb. 1 in front of the commissary. Tickets may be purchased the day of the tour for \$12 at The Stilwell House. For more information, call Betty Kotoriy at 545-0815.

FSH Newcomers' Extravaganza

Newcomers' Extravaganza is mandatory for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival. The next Newcomers' Extravaganza is scheduled for Jan. 25 at 9 a.m. at the Roadrunner Community Center. Everyone — Soldiers, civilians and family members — will have an opportunity to learn about Fort Sam Houston and San Antonio and can participate in drawings, registrations and social activities. This Extravaganza is the official "newcomers' orientation" for Fort Sam Houston. Commanders and supervisors are encouraged to allow Soldiers and civilian employees administrative time to attend. Children are also welcome. For more information, call the Army Community Service Relocation Assistance Program at 221-2705/2418.

Trails and Tales Tour

Army Community Service Relocation Assistance Program sponsors a tour to become familiar with Fort Sam Houston. Trails and Tales tour explores sites and history of the post and includes lunch at the Dining Facility #1. Cost for lunch is \$3 and military or civilian ID card is required. The next tour is scheduled for Jan. 27 from 9 a.m. to 12 p.m. beginning at the Roadrunner Community Center, Building 2797, Stanley Road. Lunch is optional from 12 to 1 p.m. Register at the ACS table during Newcomers' Extravaganza Jan. 25 or call 221-2418.

Fort Sam Houston Technology Expo

The Fort Sam Houston Technology Expo will be Jan. 27 from 10 a.m. to 2 p.m. in the Sam Houston Club, Bldg. 1395 (former NCO Club). More than 30 exhibitors will demonstrate the latest in computer hardware, software and information services. Some featured technologies are knowledge management solutions, data warehousing, network operations services, information assurance/security, mobile/wireless computing, collaboration tools and hardware/software. The event is free and open to the public. Complimentary refreshments and free prizes will be offered while supplies last. For more information or to request a specific company or technology, call Kathryn Stephenson at (888) 603-8899 or e-mail Stephenson@ncsi.com.

Pinewood Derby

Cub Scout Pack 23 will sponsor its annual Pinewood Derby Jan. 29 from 9 a.m. to 12 p.m. at the Roadrunner Community Center. For more information, call Barry England at 223-9196.

'It's Not Easy Being Green'

The "It's Not Easy Being Green" Conference 2005 will be Feb. 25 and 26 at the Dodd Field Chapel. Registration is due by Feb. 11. Registration forms are available at Army Community Service, Fort Sam Houston Library, Sam Houston Club, Brooke Army Medical Center Medical Mall information desk, Officer and Civilian Spouses' Club February luncheon, Jimmy Brought Fitness Center and Child and Youth Services Central Registration. For more information, call Judith Markelz at 655-0238 or Kim Taylor at 566-6526.

Military channel on cable

San Antonio digital cable subscribers can now receive the military channel on

digital channel 217. For more information or to subscribe, visit www.twc-sa.com or call 244-0500.

Volunteer

BAMC seeks volunteers

Brooke Army Medical Center is looking for active and upbeat volunteers to be "Partners in Healing." BAMC wants volunteers who understand the hardships of coping with illness or injury and who empathize with the special needs of patients. BAMC offers 130 positions to match each volunteer's skills and interests. To volunteer, call the Office of Volunteer Services at 916-5083.

Caremobile drivers needed

Caremobile drivers work four hours a week using an electric cart to transport patients from the Brooke Army Medical Center parking area to the entrance of the hospital. Walking the distance of the large parking area in the heat or rain is often difficult for a parent with a sick child, patients undergoing cancer treatments, orthopedic patients and the elderly. If you would like to transport grateful patients, call the Office of Volunteer Services at 916-5083

Professional Development

Green to Gold briefs

The Fort Sam Houston Education Center will provide monthly Green to Gold briefings for Soldiers interested in Green to Gold ROTC scholarships. Briefings will be Tuesday and Feb. 22 in Bldg. 2247, The Army Learning Center, at 10 a.m. and 1 p.m. ROTC cadre from a local university will be present to advise.

Warrant officers needed

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks. Positions are open in all 45 specialties for those who qualify. Applicants with less than 12 years active federal service are encouraged to apply. For more information and forms/documents required to apply, visit the Web site: www.usarec. army.mil/warrant or call DSN 536-0484/0458/0488/0478/0271/1860. The toll free number is 1-800-223-3735, ext. 6 and the last four of the phone number.

Degree plans offered for Army health career specialists

Soldiers interested in advancing their careers in physical therapy and nutrition care can earn their degrees through the Servicemembers Opportunity Colleges Army Degrees program. SOCAD programs allow Soldiers to earn credit toward an associate or bachelor's degree for Army training and military occupational specialty experience. SOCAD will also suggest alternatives for meeting the remaining degree requirements. Soldiers with MOS 91W, physical therapy specialist, and MOS 91M, nutrition care specialist, can visit the SOCAD Web sites at http://www.soc.aascu.org/socad/ 91W.html and http://www.soc.aascu.org/ socad/91M.html for more information. They may also call 1-800-368-5622 or e-mail socad@aascu.org.

St. Mary's University counselor

St. Mary's University will have a coun-

selor available at the Education Services Center, Bldg. 2248, upstairs daily in Room 206, from 9 to 11 a.m. To learn more about the Master of Arts in Educational Leadership program and teacher certification, call 226-3360 and schedule an appointment.

Resume workshop

Family Employment Readiness Program is offering a resume writing workshop Jan. 27 from 9 a.m. to 12 p.m. The right resume increases the chances of landing the interview. A valid military family member ID-card is required for all services. For reservations or more information, call Katja Lunsford at 221-0427.

Free computer training

Family members of active duty or retired Army service members may receive computer training to prepare them for the job market through the Employment Readiness Program. Automated, self-paced training is available on all Microsoft Office software (Word, Excel, Access, PowerPoint), Windows, Outlook, QuickBooks (accounting), customer service, clerical and typing skills (typing instruction also available in Spanish). For more information or to register for computer space, call Katja Lunsford at 221-0427.

Homeland security course

The Defense Medical Readiness
Training Institute offers a Homeland
Security Medical Executive Course from
June 13 to 17. The course will be conducted at the Omni Hotel at South Park in
Austin, (512) 383-2602. For course information, call Tech. Sgt. Stuart at 221-2434
or DSN 471-2434. For registration and
other course information, visit DMRTI's
Web site at http://www.DMRTI.army.mil.

Meetings

SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Army retired Sgt. Maj. Hector Viczaino, president of the association, invites all active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings. For more information, call Sgt. Maj. Tracey James at 221-7495 or Sgt. Maj. Jeff Lavender at 221-7674.

Lone Star Chapter

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets on the third Monday of each month at 7 p.m. at VFW Post #8541, 2222 Austin Highway (between Eisenhauer and Walzem Road). All active duty, retired, Reserve, National Guard and family members of current or former warrant officers are invited to attend. For more information, call Chief Warrant Officer Matthew Watterson at 295-8773 or e-mail matthew.watterson@us.army.mil

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meet the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For more information, call Staff Sgt. Edward Castro at 221-8760.

FORT FREEBIES

Freebies are published on a first come, first served, basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Limit of five items per entry.



For Sale: 2002 Mercury Cougar, automatic, two-door, leather interior, sun roof and all extras, excellent condition, 8,000 miles, \$16,000 obo. Call Andy at 212-4503.

For Sale: Chain link fence with gate, 4-feet high, 127-feet long, with a 50-inch gate, paid \$1,000, will sell for \$500 firm. It's perfect for families with kids or animals. Call 223-7571.

For Sale: House in Oakwell Farms gated community, three bedroom, two and a half bath with study, covered patio, nice yard, built in 2001, community pool and tennis courts. Call 824-4770.

For Sale: House, three bedroom and two baths, two-car garage, located at 14514 Crainwood, in the WoodStone Subdivison across from Fountainwood

in 78233 zip code, \$93,000. Easy access to Hwy 1604, I-35 and Loop 410. Call Susan Getejanc at (512) 680-2525.

For Sale: U.S. Army All American Bowl tickets for Saturday at the Alamadome. Tickets are discounted, no tax or surcharge. Call Cynthia at 221-2304, or 333-8979 in the evenings.

For Sale: Suzuki 02 GSXR 750 with warranty through July 07, like new, 4,100 miles, will include helmet, jacket and all accessories for \$6,800. Call (910) 286-5849.

For Sale: Queen sleeper sofa, beige formal design, with coffee table, \$250; dining room table and four chairs, hunter green fabric, beautiful glass top, \$85; ceramic base tables, glass-tops, all for

\$25. Call Yvette at 410-0218.

For Sale: Sealy twin mattress, guest room use only, picture available, \$75, can deliver within 15 miles. Call 657-7886 or e-mail glowake@armyresidence.net.

For Sale: Queen size mattress and box spring in good condition, \$30; Fisher Price Take-a-Long swing, \$25; never used loveseat slip cover with pillows, \$40. Call 632-0356/2136.

For Sale: Yamaha tenor saxophone, \$2,000; Sony 400 CD changer, \$150. Call 355-4330.

For Sale: Rustic blond king bedroom set, head and footboard, nine-drawer dresser with mirror, six-drawer chest, two nightstands, pillowtop mattress, like new with warranty, \$2,500 obo; Sony

car DVD system, includes 7-inch flip-down screen, wireless headsets, excellent condition, \$500 obo; racecar bed with mattress and dresser, new, \$250. Call 697-9261.

For Sale: Queen size waterbed with six-drawer under dresser and regular mattress, \$150; all wood table, 36-inch round table top with two chairs, \$125. Call 633-0725.

For Sale: Toshiba 43-inch rear projection TV, includes stand, \$400; oak entertainment center for 27-inch TV and components, real wood, \$150. Call Rick at 885-1807 or leave message.

For Sale: Two white metal bar stools, \$20; beige couch in good condition, \$150 obo; also 21-inch Dell monitor in excellent condition. Call Tracey at 832-8482 or 862-3071.